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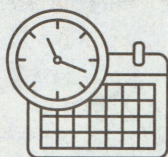
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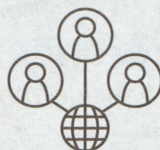
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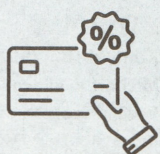
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Celebrating the Strength and Balance of Men

This month, we honor the men that show up, who nurture and protect and who teach by action and word. Their vital role extends not only within their families, but also to the broader strength and stability of our communities.

A father's influence is powerful. His example of resilience, compassion and integrity can leave a lifelong imprint. Their presence, guidance and love play an essential role in the healthy development of their children, shaping the confidence, values and dreams of the next generation.

Men are often the unsung heroes, balancing responsibilities at work and home, quietly carrying the weight of leadership and support. Too often, society expects men to be strong without showing vulnerability, to provide without pause. But true strength includes the courage to slow down, reflect and care for oneself.

As I reflect on the men who have shaped my life, I'm especially grateful for the bond I shared with my grandfather. His quiet wisdom and gentle presence made the world feel magical and safe. Even now,

his influence lives on in the way I move through life, and I often find myself wishing my children could sit with him, wrapped in that same warmth and wonder that defined my childhood.

As men give so much to others, it's equally important that they care for themselves with the same dedication. Prioritizing their own health and balance is not optional—it's essential. Mental, emotional and physical well-being are not luxuries; they are the foundation for living fully and giving fully. Your well-being fuels the futures you help build.

To all fathers, grandfathers, brothers, mentors and role models—you are vital, valued and appreciated. Thank you for all you do, both seen and unseen. We celebrate your strength, your heart and the essential place you hold in the world.

Wishing you a healthy and joyful Father's Day and beyond.

With gratitude,

John and Trina Voell, Publishers

HEALTHY LIVING HEALTHY PLANET

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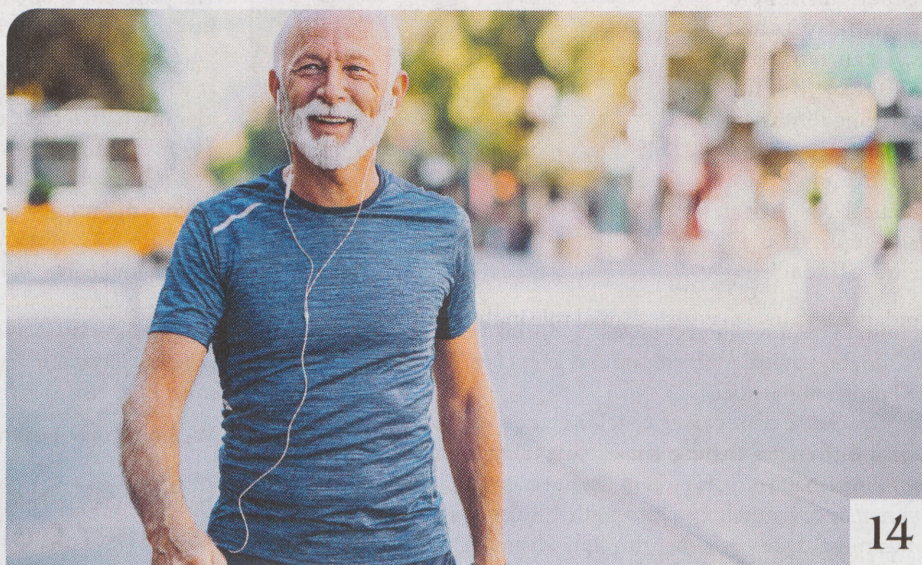
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Advertising & Submissions

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.



Coaching Service Helps Women Build Confidence and Take Control

Women seeking deeper fulfillment in their careers and lives can now turn to Becky Bortak Coaching for expert guidance rooted in neuroscience and practical experience. With more than 15 years of coaching and a background



Becky Bortak

in human resources and counseling, Bortak helps women overcome self-doubt, navigate transitions and gain clarity with their personal and professional goals.

Specializing in career coaching and personal growth, Bortak works with clients to build confidence, take control of their lives and rediscover their voice. Her client-centered approach focuses on helping women uncover their inner strength, resilience and wisdom to create a meaningful life—whether through advancing in their current role, navigating a major change or improving relationships and habits.

Coaching sessions are personalized to each client's needs, and her offerings include one-on-one coaching, workshops and a comprehensive Career Transition package. Clients often report progress within just six sessions.

An accredited executive coach through the Association for Coaching, Bortak holds a master's degree in counseling and is committed to supporting women in transforming their lives from the inside out.

Initial consultations are free, offering prospective clients an opportunity to explore how coaching can support their journey toward greater satisfaction and purpose.

For more information or to make an appointment, call 248-931-0944 or visit BeckyBortak.com. See ad page 30.

Participants will journey through woods and prairie terrain under Huber's guidance, who shares insights into identifying species and observing their behaviors. Attendees are encouraged to bring binoculars to better view these delicate creatures from a distance. The program is open to all ages and will be held entirely outdoors. Restroom facilities will not be available.

Other upcoming events include Trees of Michigan on June 12, at which Natural Areas Technician Nik Holly demonstrates how to identify native trees using leaves, bark and other markers. On July 11, Insect Exploration at Sloan Preserve investigates Michigan's insect life, while Nocturnal Hike on July 18 at West Scio Preserve offers a nighttime look at elusive creatures. Every Saturday through, November 22, Weekly Volunteer Workdays focus on restoration and trail maintenance at rotating Scio Township Preserves.

These educational events are free of charge. Registration is required in advance. Location: 6393 W. Joy Rd., Dexter. For more information or to register, visit ScioTownship.org/register.

Cancer Support Community and Cancer Center Unite for National Cancer Survivors Day

The Cancer Support Community of Greater Ann Arbor partners with the University of Michigan Health Rogel Cancer Center to host a local celebration in honor of National Cancer Survivors Day on June 1. This annual

event recognizes millions of cancer survivors, highlights their ongoing challenges and celebrates the resilience of life after a diagnosis.

Open to the public, the celebration takes place from 12:30 to 3:30 p.m. in the Morris J. Lawrence Building on the campus of Washtenaw Community College. Attendees include survivors, caregivers, families and healthcare professionals—all gathering to support one another and honor shared experiences.

Bonnie Dockham, executive director of the Cancer Support Community of Greater Ann Arbor, says, "Despite its challenges, life with and after cancer can be beautiful and joyous. Attendees will find our community's National Cancer Survivors Day celebration filled with hope, camaraderie and compassion."

The event features exhibits on survivorship, a keynote presentation, entertainment, refreshments and door prizes. It is part of a global initiative organized by the National Cancer Survivors Day Foundation, celebrating survivors from diagnosis through the rest of life. Currently, over 18 million cancer survivors live in the United States—a number projected to exceed 22 million by 2030.

Location: 2010 Hogback Rd., Ste. 3, Ann Arbor. For more information, call 734-975-2500 or visit CancerSupportAnnArbor.org.

Butterflies of Michigan Takes Flight at Van Curler Preserve

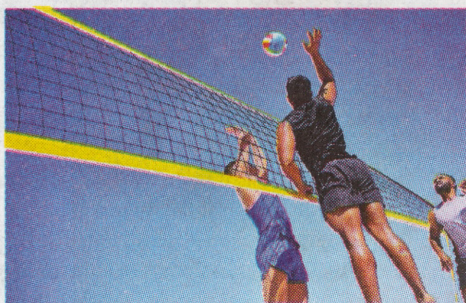
Scio Township Parks, Preserves and Pathways invites nature lovers to join Natural Areas Technician Noah Huber for a guided exploration of the vibrant butterfly population at Van Curler Preserve. The hike takes place from 11 a.m. to 1 p.m., June 21, and offers an opportunity to discover the diverse world of local butterflies, moths and skippers in their natural habitat.



Photo: Karen E. Brown

Grass Volleyball Tournament Returns to Mitchell Field

Michigan Men's Volleyball will host its first fundraising tournament for the 2025 grass season, beginning at 9:30 a.m., June 7 at Mitchell Field, in Ann Arbor. The event opens with a captain's meeting at 9 a.m., offering a day



of competitive play and community camaraderie on outdoor courts.

Designed to foster support for the program while bringing together volleyball enthusiasts, the tournament features a coed 4s format, requiring one woman on the court per team at all times. Up to 16 teams are expected to participate in a structure that begins with three pool play games, each played as two sets to 21 points (capped at 25), followed by a single-elimination bracket with best-of-three matches.

Participants must call their own nets, avoid open hand tips and refrain from setting over the net. Directional blocking is permitted. Entry is priced at \$120 per team, payable via Venmo or cash. The event awards \$300 to the first-place team and \$200 to the second.

The tournament invites community members to engage with local athletes and enjoy a lively, sun-soaked day in support of Michigan Men's Volleyball.

Location: 1900 Fuller Rd., Ann Arbor. For more information or to register, visit [Allevents.in/ann-arbor/Michigan-Men's-Volleyball-Fundraiser-Tournament/200028172533944](https://allevents.in/ann-arbor/Michigan-Men's-Volleyball-Fundraiser-Tournament/200028172533944).

5,200-Plus Michigan Third Graders Are Digging into Gardening

More than 5,200 third graders in 287 Michigan classrooms are discovering the joys of gardening through The Growums Garden Adventure, launched in April on Earth Day. Provided at no cost by WeGrowum, Inc., this seven-week educational program teaches STEAM principles—Science, Technology, Engineering, Art and Math—through the hands-on experience of growing a garden.



"We're seeing students light up as they plan, plant and care for their gardens," says Tom Freeman, CEO of WeGrowum, Inc. "What began with a single Facebook post inviting teachers to participate quickly

became a statewide pilot spanning 100 schools."

Each student also receives a take-home Growums garden kit, extending the learning into homes and families. "This program nurtures more than vegetables," says Beth Oliver, chief marketing officer. "It cultivates patience, responsibility, imagination and a deeper understanding of food and sustainability."

The Growums Garden Adventure blends printed lesson plans with digital content featuring animated characters like Zucchini the Great and Duke the Cuke, who guide children through the gardening journey. This fall, the program will expand to classrooms in South Florida, Texas and California.

For more information or to become a sponsor, email Beth.Oliver@WeGrowum.com or visit [WeGrowum.com](https://www.wegrowum.com).

Breakthrough Research on Natural Compounds Targets Breast Cancer Stem Cells

A major milestone in breast cancer research was unveiled at the Beljanski Integrative Cancer Conference, where scientists presented evidence that specific natural compounds can eliminate breast cancer stem cells without



harming healthy tissue. These findings, showcased at the conference held April 25 to 27 in Austin, spotlighted promising advancements in integrative oncology.

Breast cancer stem cells, a small yet aggressive population within tumors, are known for their resistance to conventional treatments and role in driving recurrence. The new study focuses on a proprietary blend of plant-based compounds including Pao pereira, Rauwolfia vomitoria and green tea extracts, long studied by the Beljanski Foundation for their low toxicity and broad-spectrum anti-cancer effects.

Researchers from the University of Kansas Medical Center reveal these compounds effectively inhibit the proliferation of breast cancer stem cells in animal models. Previous studies funded by the Foundation have shown similar success with pancreatic and ovarian cancers. This latest development may help reduce the high relapse rate among breast cancer patients worldwide.

Sylvie Beljanski, president of the Beljanski Foundation, emphasizes that this breakthrough "represents a transformative step in understanding and addressing the underlying causes of breast cancer relapse." The findings are scheduled for submission to a peer-reviewed journal, while additional research may soon expand to prostate cancer.

For more information, visit [Beljanski.org](https://www.beljanski.org).



Improve Cellular Function and Overall Health with IV Nutrient Infusions

Intravenous (IV) nutrient infusions are becoming an increasingly popular way to enhance overall health and wellness. Our stomach and intestines can sometimes hinder the complete absorption of vital nutrients necessary to

optimize health. Additionally, medications and chemicals often prevent full nutrient absorption from food or supplements. IV nutrient infusions allow these nutrients to bypass the digestive system, delivering them directly to the cells, where they can support improved cellular function and health. By increasing the concentration of nutrients available to tissues, IV therapy offers a powerful solution for boosting wellness.

IV nutrient infusions have been shown to improve energy levels, cognitive function, hydration and alleviate symptoms like headaches and hangovers. They may also support the health of nails, skin and hair. Some choose IV therapy as a general wellness boost, while others seek it for specific health conditions. Studies have demonstrated the effectiveness of IV therapy for rapid hydration and nutritional support, though potential risks such as circulatory overload and infection should be considered. According to the National Institutes of Health, IV nutrition can play a key role in improving health and managing diseases.

Location: 1226 E. Michigan Ave., East Lansing. For more information or to make an appointment, call 517-333-7270 or visit WycoffWellness.com. See ad back cover.



Dietary Treatments for Irritable Bowel Syndrome

A study published in the *Natural Medicine Journal* compared three different treatment modalities for managing irritable bowel syndrome (IBS): a low-FODMAP diet (restricting the consumption of specific carbohydrates

that are poorly absorbed in the small intestines) combined with traditional dietary guidance for IBS (LFTD group); a low-carbohydrate, high-protein, high-fat and fiber-optimized diet (low-carb group); and pharmacological intervention targeting IBS symptoms such as abdominal pain, constipation or diarrhea (drug group).

The study enrolled 294 adults with moderate-to-severe IBS that were randomly assigned to one of the three treatment options for a four-week period. Those in the diet groups received nutritional counseling and support to adhere to their assigned diet. The participants' IBS symptoms were assessed before, during and after the four-week intervention period.

At the end of the intervention period, all three groups reported improvements; however, the LFTD and low-carb groups exhibited more significant reductions in IBS symptom severity from the baseline compared to the drug group. These findings suggest that dietary modifications should be a primary treatment approach for IBS patients, with the low-carb diet being preferable for patients experiencing constipation and for patients that find the low-FODMAP diet difficult to follow.



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Aging in Bursts

Suddenly feeling old may not be our imagination. A recent study published in *Nature Aging* examined the molecular changes of 108 adults between the ages of 25 and 75. The participants were tracked for a median of 1.7 years, with a maximum of 6.8 years, during which biological samples were collected and evalu-

ated every three to six months from a range of sources, including the blood, stool, skin, mouth and nasal passages.

The researchers compared the samples obtained from participants at different ages and observed that people seemed to age more rapidly at age 44 and again at age 60. The changes at age 44 were mostly related to fat and alcohol metabolism, as well as an elevated risk of cardiovascular disease. The changes at age 60 related mostly to immune dysfunction and carbohydrate metabolism. According to Stanford Medicine Professor Michael Snyder, these findings might explain why people seem to have more trouble processing alcohol starting in their 40s and become more prone to illness in their 60s.



Red-Light Gum Therapy

Approximately 3 million Americans receive dental implant procedures annually. Unlike natural teeth, implants do not form a seamless seal with the surrounding gum tissue, posing a potential risk of infection. Researchers at the University of Pennsylvania are work-

ing to develop a new implant that mitigates this concern via a two-fold defense.

The first defense involves creating the crown to include anti-microbial compounds, currently barium titanate, to effectively combat bacterial growth.

The second line of defense entails embedding light-emitting diodes (LEDs) onto the base of the crown to deliver immune-boosting, red-light therapy to the surrounding gum area. To eliminate the need for a battery, the implant generates its own electricity via the crown's specialized material, such as the barium titanate, which converts motion—such as chewing—to electrical energy. Although barium titanate is not as strong as the materials currently used for implants, the research team is working on enhancing its properties. The product will be tested in pigs in 2025, paving the way for human trials.



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To Wisdom & Freedom

Sharon Diotte's memoir, *Te'ora: From Vulnerability and Wounding to Wisdom and Freedom*, charts a global journey of healing and empowerment

In *Te'ora*, Sharon Diotte offers a profound memoir that traverses continents and emotional landscapes, chronicling her journey from trauma to healing. The title, derived from the Rapanui term meaning "a beautiful new life," encapsulates the essence of her transformation.

Diotte's narrative unfolds across Canada, the United States, Pakistan and Easter Island, weaving personal experiences with cultural insights. Her story delves into the depths of domestic violence, sexual assault and the pervasive impact of patriarchal structures. Yet, amidst these challenges, she discovers resilience, love and a renewed sense of self.

A former nurse and educator, Diotte emphasizes the importance of holistic healing, integrating mind, body and spirit. Her exploration of the divine feminine and spiritual practices offers readers a roadmap to self-discovery and empowerment. As she reflects, "PTSD doesn't mean that some-



thing is wrong with us or we're weak; it means we are strong."

Diotte's memoir is not just a personal account, but a universal story of survival and empowerment.

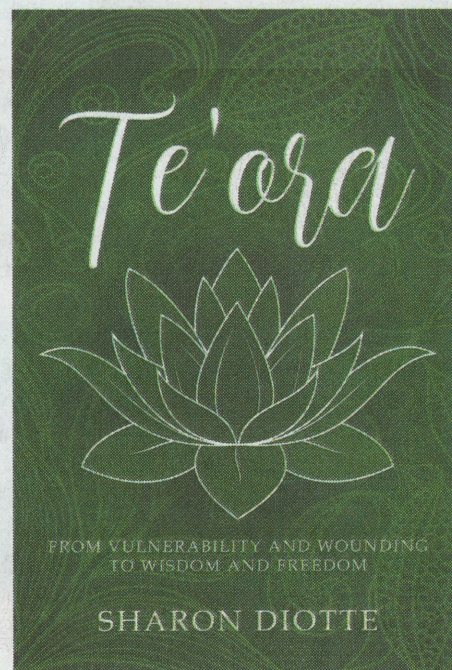
Her candid storytelling and profound insights make this memoir a valuable resource for those seeking inspiration and guidance on their healing journeys. As one reviewer notes, "Sharon's courage to tell her story inspires us to hold compassion for our own vulnerability and wounding, and that of others."

Local readers will have a unique opportunity to engage with the author from 6 to 8 p.m. on June 26 at the Crazy Wisdom Bookstore, at 114 South Main Street, in Ann Arbor. Diotte, who has called Ann Arbor home for the past 10 years, will read selections from *Te'ora*, followed by a Q&A and book signing. Attendees are welcome to bring their own beverages such as tea or water.

For readers committed to holistic well-being and personal transformation, *Te'ora* stands

as a testament to the human spirit's capacity to overcome adversity and embrace a life of wisdom and freedom.

Te'ora is available through local bookstores and Amazon and will soon be accessible via interlibrary loan at the Ann Arbor District Library. For more information, email TeoraMemoir@gmail.com or visit SharonDiotte.com. See ad page 22.





Hospital-Grade Healing at Home

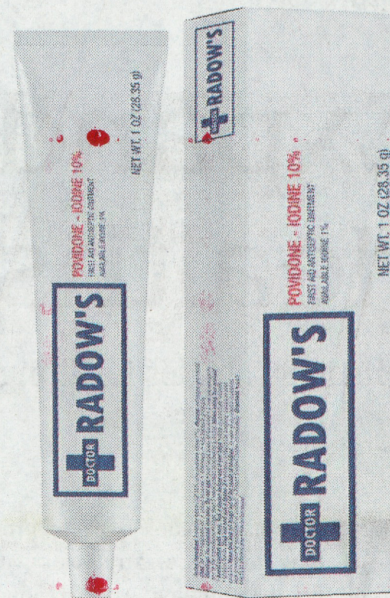
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Doctor Radow's Povidone-Iodine Ointment, long relied upon in hospital settings, is now available for household use without a prescription. This powerful antiseptic, made in the USA by Sheffield Pharmaceuticals, provides a trusted and effective solution for treating minor wounds, including cuts, scrapes and scratches.

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Healthcare professionals have long trusted povidone-iodine to manage wound care in hospitals, surgical clinics and even ophthalmologic procedures. It is used not only to clean skin and hands prior to surgery, but also to maintain sterile conditions during post-operative care. Studies show that povidone-iodine has low cytotoxicity, meaning



it is gentle on living tissues while remaining deadly to harmful microbes.

Beyond its hospital use, Doctor Radow's ointment addresses everyday needs in households, from playground scrapes to kitchen accidents. Its formulation prevents infection, promotes faster healing and reduces the risk of long-term scarring, making it a must-have addition to any home's first aid kit.

The ointment's benefits extend to the medical community as well. Doctor Radow's offers a comprehensive wholesale program tailored to both large-scale retailers and independent shop owners. With low minimum order quantities, flexible pricing tiers and fast, reliable shipping from U.S.-based facilities, the program supports businesses seeking to stock high-quality, effective healthcare products.

Doctor Radow's Povidone-Iodine Ointment marks a turning point in over-the-counter wound care. By making hospital-grade antiseptic treatment more accessible, the brand empowers individuals and families to take charge of their health with confidence and care.

Location: Deland, FL. For more information or to place an order, call 386-414-1809 scan QR code or visit Doctor-Radows.com. See ad page 5.





Expanding Our Healthspan

Holistic Strategies for Long-Term Well-Being

by Carrie Jackson

While many people seek to prolong life, those extra years will not be fulfilling without good health. “The United States has one of the worst healthspans in the world. We have the highest rate of chronic disease and spend too much time suffering and deteriorating,” declares Dr. Eric Plasker, a chiropractor and creator of *The 100 Year Lifestyle*, an instructional manual and wellness system for making the most of an extended lifespan.

According to Plasker, “How you take care of yourself every day has a direct effect on your long-term quality of life. Unfortunately, the current healthcare system has focused mostly on symptoms and disease treatment. We need to have more of a lifestyle-care

approach to help you function at your highest level for a lifetime, instead of constantly trying to get your health back.”

Beginning the Healthspan Journey

Dr. Peter Diamandis is a physician, engineer, entrepreneur and co-founder of the BOLD Longevity Growth Fund, which invests in biotechnologies that address the root causes of disease and extend healthspan. He is also the co-founder and chairman of Fountain Life, a company that focuses on advanced diagnostics and preventative health to help people live longer and healthier lives.

Diamandis asserts that people possess greater control over their healthspan than

they may think. “We’re at a turning point in health care—shifting from a reactive, one-size-fits-all model to a proactive, personalized and data-driven approach,” he remarks. “While many people assume their longevity is mostly genetic, the data tells a different story. Studies involving tens of millions of people show that your genes account for only 7 to 30 percent of how long you live. That means the rest is up to you—your lifestyle, your environment and what you eat.”

The Food Paradox

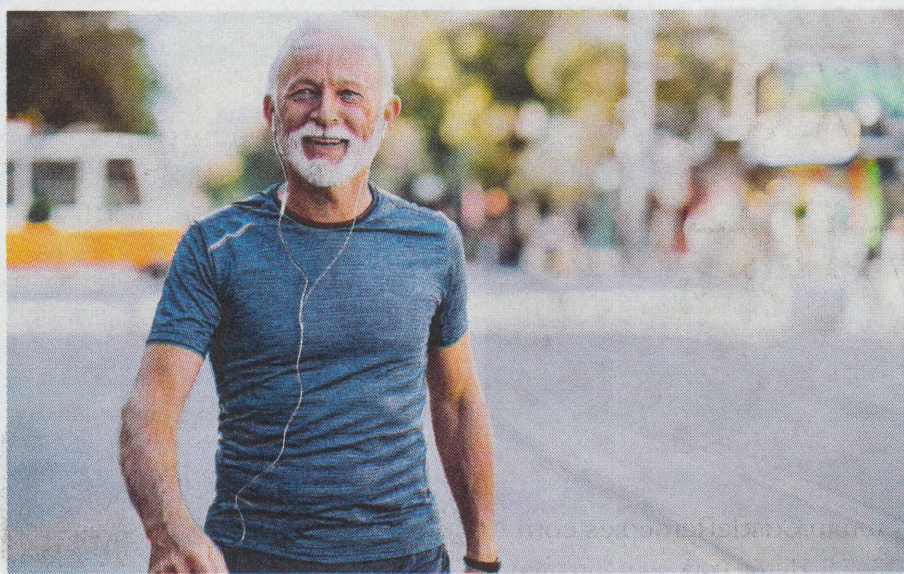
The impact of food on our well-being cannot be underestimated, and Diamandis points out that food can be either the slowest form of poison or the most powerful medicine. In a nutshell, our daily meal choices put us in control of how we age. He recommends anti-inflammatory foods such as broccoli, spinach, Brussels sprouts, blueberries, walnuts, chia seeds and avocado.

“I eat the rainbow every day, because flavonoids, carotenoids and polyphenols act as molecular defenders, protecting your DNA, supporting your mitochondria and reducing your risk of conditions like heart disease, cancer and neurodegeneration,” he states. “I also use extra-virgin olive oil and turmeric liberally, which have both been shown to reduce inflammation at the cellular level. And I keep snacks like frozen blueberries and raw walnuts within arm’s reach, because what you actually eat is what you have close by.”

Avoiding harmful foods is just as important. “Sugar is incredibly inflammatory. It shrinks the hippocampus, disrupts metabolism and fuels conditions like diabetes and Alzheimer’s. Most people don’t realize how addictive it is or how much damage it causes until they cut it out and feel the difference,” says Diamandis.

Complementary Modalities

Integrating modalities such as chiropractic care, acupuncture, yoga and meditation into



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a wellness plan can help our bodies function at an optimum level. Plasker notes that the number, intensity and duration of chiropractic treatments vary based on a patient's baseline health. "If you are meditating five times a day and have no underlying decay, you will need a lot less lifestyle care than if you are a weekend warrior or a marathoner who might have more decay," he explains.

While chiropractic care is well known for success with back and nerve pain, its hidden specialty is in functional and performance-based care. "Physical therapy, functional medicine and nutrition therapy work better with the addition of chiropractic care," asserts Plasker. "It helps to align the spine so the nervous system can communicate between the brain and body the way it is supposed to."

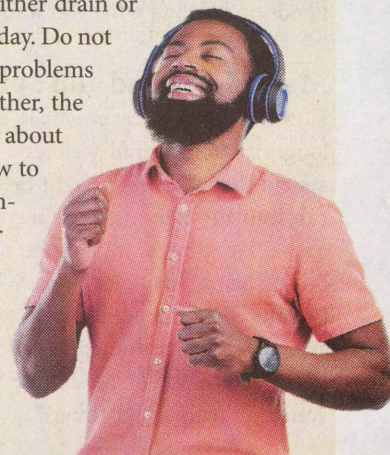
As we age, we may encounter ongoing consequences from the wear and tear that occurred in our younger days. "The pounding and collisions from youth sports can have a lasting effect on the body and can accelerate osteoarthritis," Plasker points out. "Regular chiropractic adjustments help to restore alignment, balance, motion and function, so the body doesn't continue to deteriorate."

Taking an Energy Inventory

by Carrie Jackson

We have a finite number of hours in the day, and worrying about things that are out of our control can take up time that could be used for more productive and fulfilling things. "There are some activities that universally charge us up or deplete us. For example, most people are energized by quality time with family and friends or by reading a good book. On the other hand, universal energy drainers include overworking, overeating, drinking too much alcohol and taking drugs," says Dr. Eric Plasker, founder of *The 100 Year Lifestyle*, an instructional manual and wellness system for making the most of an extended lifespan.

He recommends taking a personal energy inventory. Make a list of the foods, hobbies, habits and people in daily life. Then make note of the things that either drain or inspire energy throughout the day. Do not think of energy drainers as problems that need to be eliminated. Rather, the list is a way to raise awareness about where energy is going and how to get it flowing positively by turning drainers into gainers. For example, if driving in traffic elicits anger, adjust the travel schedule or put on relaxing music and do deep breathing exercises to shift into a more positive state.



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Anti-inflammatory supplements such as turmeric, glucosamine and chondroitin can help with acute inflammation, but if the alignment of the spine isn't right, they'll be facing a constant battle."

Reframing fitness routines to prioritize long-term sustainability can help the body repair previous damage. "If you were an athlete, you can still be an athlete, but you might have to change your approach," suggests Plasker. "Align the care you receive with the lifestyle you are choosing to live. If you're going to train for triathlons, you need to eat healthy and stretch more. You need to increase your supplementation and the frequency of your chiropractic adjustments. But if you're just going for hikes and power walks, you'll need less lifestyle care. It depends on you and what you want."

Managing Mind and Spirit

Holistic stress management is essential for longevity and overall wellness. "A nervous system that is always in fight-or-flight mode can lead to inflammation, burnout and elevated blood pressure, putting undue stress on the heart," explains Plasker. "Chiropractic intervention, coupled with tools such as aromatherapy and meditation, can create peace for the nervous system so you can use your energy for other things."



Lisa Faremouth Weber, the owner of Heaven Meets Earth Family Yoga Studio, in Evanston, Illinois, notes that practices such as crystal bowl sound healing, yoga and mindfulness can help calm the body and contribute to overall wellness and longevity. She also points out that there is considerable scientific evidence that supports the health benefits of practicing yoga, meditation, tai chi and qigong.


"Yoga and other complementary mind/body approaches integrate an individual's physical,


mental and spiritual components to improve cardiorespiratory health, physical and mental health and stress-related illnesses," she explains. "Dr. Dean Ornish introduced millions to yoga's health benefits through his published studies, which demonstrated that heart disease can be reversed through diet, meditation, group support and yoga. Additionally, ancient texts such as the *Upanishads* or Patanjali's *Yoga Sutras* teach that the body follows the mind, and the mind follows the breath. Breath awareness and breathwork cultivate a balanced, harmonious and equanimous mind, enabling clarity and focus."

Longevity Escape Velocity

Being mindful of daily habits and wellness routines in the present moment can lead to an extended healthspan down the road. "The goal isn't just to live longer; it's to stay healthy long enough to ride the wave of breakthroughs coming over the next decade and reach what we call 'longevity escape velocity.' That's the moment when, for every year you live, science can extend your life by more than a year," explains Diamandis. "We're not far off. And the choices you make today—using data-driven diagnostics, embracing functional medicine and sticking to lifestyle habits that work—are what will get you there."

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at CarrieJacksonWrites.com.





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ArchAngel Farms elevates natural wellness with their exclusive line of water-based mushroom concentrates, grown and processed entirely in Florida. With a focus on purity, sustainability and intentional design, these handcrafted blends offer consumers a powerful new way to support mind-body vitality without alcohol or harsh chemicals.

Each formula is crafted using a proprietary method developed by renowned biochemist Dr. Arup Sen. This process ensures the retention of delicate bioactive compounds by avoiding alcohol extraction, instead utilizing a pure water base. From sterile grow rooms equipped with ozone air scrubbers and UV sanitizers to cobalt blue bottles chosen for their association with tranquility and insight, every element is thoughtfully curated to preserve the mushrooms' healing essence.

The line includes five distinct mushroom concentrates, each targeting specific wellness benefits. Lion's Mane is celebrated for enhancing mental clarity, focus and memory

while promoting nerve regeneration through Nerve Growth Factor production. Reishi—dubbed the "Mushroom of Immortality"—supports restful sleep, stress relief and robust immune function.

Cordyceps, favored by athletes and high performance seekers, boosts stamina, adrenal health and oxygen utilization while also supporting libido and physical endurance.

Cordyceps, favored by athletes and high performance seekers, boosts stamina, adrenal health and oxygen utilization while also supporting libido and physical endurance. Turkey Tail, rich in polysaccharides, modulates immune responses and nurtures gut health with prebiotic support—making it a notable candidate in co-therapies for cancer research. Oyster Mushrooms round out the lineup, offering antioxidants and B vitamins that support cardiovascular wellness and cholesterol balance, while stimulating the immune system with powerful beta-glucans.

What truly distinguishes ArchAngel Farms is its comprehensive commitment to integrity. The mushrooms are grown on a 100 percent organic and vegan substrate, with no corners cut in cultivation or processing. From seed to bottle, each step reflects the farm's holistic philosophy. Even the environment itself is designed for vibrational alignment, with 528 hertz music—believed to promote healing—playing continuously in both grow rooms and production labs.

These concentrates are ideal for those seeking a clean, plant-based solution to enhance their cognitive function, physical vitality and immune resilience. And unlike tinctures that rely on alcohol, these blends are suitable for a wider range of lifestyles, including those avoiding alcohol for health or spiritual reasons.

ArchAngel Farms has also been shaped by the global sustainability teachings of co-founders Eric and Trish Wall. With over

a decade of experience in mycology, aquaponics and regenerative farming methods, the couple brings a deeply rooted ethos to every drop they produce.

At \$40 for a two-month supply, these water-based mushroom concentrates are available exclusively through the company's website, making them as accessible as they are effective.

Location: Macclenny, Florida. For more information or to place an order, visit ArchAngelFarms.org. See ad page 21.



Crafting Personal Fuel

Why Do-It-Yourself Protein Bars Are Worth the Effort

by Chloe Karydes Krecun

Portable and packed with beneficial nutrients, protein bars are a popular snack for busy lifestyles, fitness enthusiasts and anyone looking to curb cravings and meet nutrition goals. While store-bought options are widely available, do-it-yourself (DIY) protein bars are easy to customize for individual dietary needs.

“A lot of people snack based on convenience,” says Melody Schoenfeld, a certified personal trainer in Pasadena, California. Protein bars offer a tasty, filling and nutritional goodie that can be consumed in just a few bites.



Mandav/CanvaPro

Yasi Ansari, a dietitian nutritionist, specialist in sports dietetics and spokesperson for the Academy of Nutrition and Dietetics, explains that homemade protein bars offer a fully customizable approach to nutrition. “Since the bars are DIY, you have full control over ingredients and flavor profiles,” she says. This means avoiding artificial additives, excessive sugars or allergens that may be present in commercial options.

Importance of Protein

Protein is a complex molecule made of amino acids that provides energy and functions as the building block for bones, muscles, cartilage, skin and blood. “It is the one macronutrient that is never abjured by fad diets,” says Janet Chrzan, Ph.D., a professor of nutrition at the University of Pennsylvania. “We have a cultural preference for protein; we Americans often consider it to be the most important element of food.”

As a health and nutrition coach, Schoenfeld advocates for convenient and easy ways to get protein into a diet. For many, protein bars fill that void. “For most people age 18 and beyond, we’re looking at consuming somewhere between 0.8 to 1.2 grams of protein per pound of body weight for a healthy adult daily,” Schoenfeld recommends.

Nutrition Goals

Before diving into a recipe, Ansari says it is important to determine how the

bar will address a dietary need and ask, “Am I looking for a bar that helps with post-workout recovery, a snack to keep me full between meals or a fiber-rich option to support digestion?”

Knowing the purpose can guide ingredient selection. “For example, if it’s for the purpose of recovery, we’re going to want to make sure we’re getting close to 20 grams of protein per bar for muscle repair and building, while also getting enough carbohydrates to restore energy,” says Ansari. Ingredients like dried fruits, oats or whole grains help boost carbohydrate content, making the bars more effective for post-workout replenishment.

For those aiming to create a gut-friendly bar, Ansari suggests being mindful of sugar alcohols and artificial sweeteners that can cause digestive discomfort. “Consider smooth nut or seed butters if sensitive to crunchy varieties, and aim for fiber from nuts, dried fruits, flax and chia seeds,” she adds.

Ingredient Control

Both Schoenfeld and Ansari note that the greatest advantage of making protein bars at home is being able to select high-quality, nutrient-dense ingredients. Whether addressing dietary restrictions, avoiding allergens or satisfying a preference for organic, whole foods, DIY protein bars allow for total ingredient transparency.

Protein Bar Basics

A little investment of time helps ensure that healthy, smart and convenient snacks will always be within reach. Ansari offers these suggestions when crafting a protein bar at home:

- **Choose a protein:** Plant protein powders such as pea protein blend easily and well. Alternatives to powders include almond or seed butters, or whole nuts and seeds that can be chopped in a food processor.

- **Choose a fruit:** Fruits add fiber, micronutrients and antioxidants. Aim for two to three grams of fiber per bar. Tasty sources include dried apricots, dried cherries, dried apples, raisins and dates.
- **Add spices:** To amplify the flavor profile, include spices such as cinnamon, pumpkin spice or nutmeg.
- **Experiment with texture:** Add rice cereal for crunch or oats for a chewy consistency.
- **Include healthy fats:** Options include walnuts, flaxseeds, chia seeds and coconut oil.
- **Incorporate carbohydrates:** Oats, rice cereal or dried fruits are great choices for energy.
- **Choose natural sweeteners:** Dried fruits provide sweetness to any bar, as well as fiber and nutrients like iron and vitamins A and C. A bit of fruit juice can also help blend the ingredients together. Other healthy alternatives are honey and maple syrup.



Mizina from Getty Images/CanvaPro

Chloe Karydes Krecun is a student at the University of Illinois Urbana-Champaign. Connect with her at [LinkedIn.com/in/chloe-karydes-krecun](https://www.linkedin.com/in/chloe-karydes-krecun).

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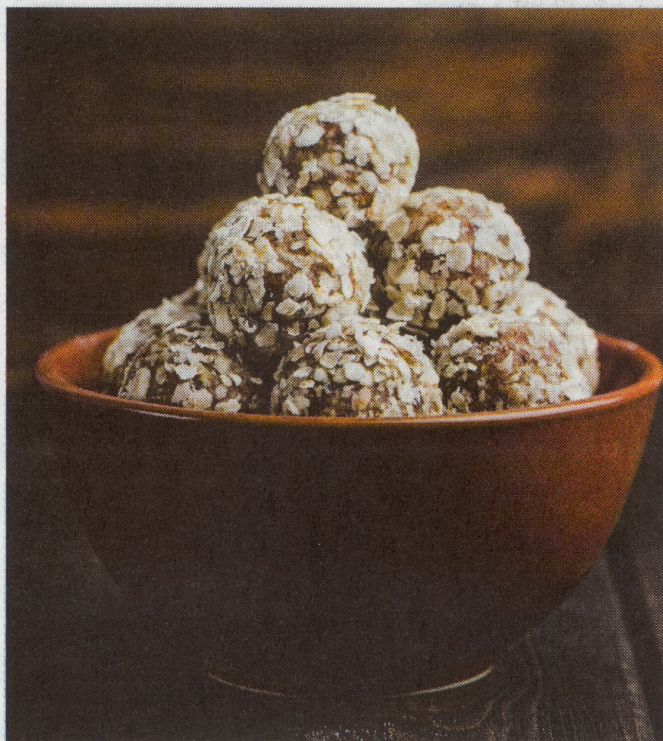
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PUMPKIN ENERGY BITES

For a boost of vitamins A and C, fiber and healthy fats, try these easy-to-make treats. Drinking extra fluids is recommended when consuming no-bake oat bites.

YIELD: 25 BITES

- ¾ cup smooth almond butter or sunflower seed butter*
- ½ cup pumpkin puree*
- ½ cup ground flax seeds*
- ¼ cup honey*
- 2 tsp pumpkin pie spice*
- 1½ cup old-fashioned oats*

Combine all the ingredients except for the oats in a large bowl. Form one to two tablespoons of the mix by hand into round bites. Roll the bites in the oats and place them in a bowl.

Place the bowl of bites in the freezer for 45 minutes to two hours based on desired firmness. Store in the refrigerator in an airtight container for up to six days, or keep them in the freezer for up to three months.

Recipe courtesy of Yasi Ansari, MS, RDN, CSSD, spokesperson for the Academy of Nutrition and Dietetics.



CINNAMON APPLE DATE BARS

These yummy bars provide iron, vitamin C, omega-3 and potassium.

YIELD: 12 BARS

- 5 Medjool dates, pitted*
- ½ cup dried apples*
- 1½ cup old-fashioned oats*
- 1 tsp chia seeds*
- 1 cup almond or seed butter*
- ½ cup protein powder (derived from brown rice or peas)*
- 2 tsp cinnamon powder*
- 1 tsp vanilla extract*
- Optional: 1 Tbsp water or apple juice to blend if too sticky or crumbly*

Mix dates and dried apples in the food processor. Add oats, chia seeds, almond or seed butter, protein powder, cinnamon and vanilla extract. If the almond or seed butter is too stiff before adding it to the food processor, gently warm it in the microwave for 15 to 30 seconds or place the jar in a bowl of hot water to loosen it.

Slowly blend the mixture until thickened. If the blend is too sticky or crumbly, add 1 tablespoon of water or apple juice for a softer texture.

Line a 13-by-10-inch baking pan with parchment paper. Add the mixture and firmly press down to spread it out evenly. Place the pan in the refrigerator for two hours before cutting into bars.

Recipe courtesy of Yasi Ansari, MS, RDN, CSSD, spokesperson for the Academy of Nutrition and Dietetics.

Schadyszno from Getty Images/CanvaPro



EASY ALMOND PROTEIN BARS

These bars are a smart pre- or post-workout snack, with a combination of natural carbs from the dates for quick energy, protein for muscle support and a pinch of sea salt to help replenish electrolytes lost in sweat.

YIELD: 6 BARS

- 4 Medjool dates, pitted
- ¼ cup hot water
- 1 cup almonds
- ½ cup protein powder of choice
- ¼ cup no-sugar-added dark chocolate chips
- ¼ tsp sea salt

Place dates in a small bowl. Cover the dates with hot water and set aside.

In a food processor, pulse almonds until roughly chopped. Add protein powder and pulse a few times to mix. Add the soaked dates and the soaking water and pulse until mixture becomes sticky and holds together when pressed.


Press mixture into a small square or rectangular container of about 3-cup capacity.

Place the chocolate chips in a small microwave-safe bowl and heat in the microwave for 30 to 40 seconds, stirring midway through. Pour melted chocolate on top of the mixture.

Sprinkle with sea salt.

Freeze the container for 15 minutes until the chocolate is set. Cut the chocolate-covered mixture into six bars. Store in the refrigerator for up to one week or freeze for up to six months.

Recipe and image courtesy of Dawn Jackson Blatner, RDN, CSSD, author of *The Superfood Swap*.




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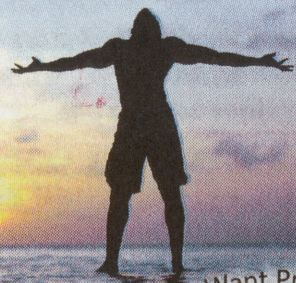


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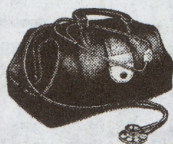
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Healthy Kids



Staying Active With Dad

Three Fathers Share Their Stories

by Megy Karydes



Movement serves as a universal language, and one of the most powerful ways fathers can connect with their children. According to a study published in the *American Journal of Lifestyle Medicine*, when parents model active lifestyles, they not only boost their own fitness but also lay the foundation for their children's lifelong physical, social and cognitive development.

Regular physical engagement builds habits that can lead to healthier, happier lives. When a family engages in such activities together, what may have started out as exercise becomes a memory-making, relationship-enhancing and mood-boosting occasion.

Whether tossing a ball, hiking a trail or simply dancing in the living room, physical

activity provides dads and kids a shared experience that strengthens their bond. There are many easy ways to spend quality time together, away from the distractions of screens and daily routines.

Making Movement Fun

"The goal, at least from my parenting perspective, is to raise healthy, happy and resilient kids. A lot of people take for granted how powerful play can be," says Brian Comly, an occupational therapist and father of two who founded *Mind BodyDad.com* to help families enjoy movement, play and togetherness. "It's important for adults to model curiosity, creativity and connection, and instill these skills early. Oftentimes, the substitute is a phone, tablet or TV, which actually inhibits or atrophies these skills."

W. Zach Smith, a Seattle-based physical therapist and founder of HIDEF Physical Therapy, believes that modeling healthy behavior and starting early is paramount, and it doesn't have to be overly complicated. "Starting from a young age, I would bring my kids to the garage when I worked out. Now, both of them will copy me and grab small, one-to-three-pound dumbbells and do a lot of the exercises that I do," Smith shares, adding that when the kids were younger, they would help him with the yard work, pulling the garden cart and picking up after him.

Rucking, a practice where a child is strapped to the back of a parent or caregiver for a walk, has been a favorite activity for both Comly and Smith. Smith notes that rucking not only enhances the physical challenge for the parent but also provides immense enjoyment for their children. As his daughter has matured, she has developed the ability to jump out of her stroller and run alongside it for extended periods, alternating between running and resting.

Prioritizing Connection

Physical activities foster a deeper connec-

tion between individuals, extending beyond simple muscle development. Andres Ochoa, a project manager in Chicago and a father of two daughters aged 10 and 12, has observed that engaging in shared physical activities strengthens their family bond. After meeting their respective sports commitments during the week, Ochoa makes sure to dedicate the weekends to family time.

Ochoa finds that shared physical activities enable him to remain fully present and focused, while minimizing distractions. "Being together and active creates moments of true connection, where kids feel seen and valued," he says, noting that such moments can lead to meaningful conversations, stronger emotional ties and improved communication.

Depending on the season, Ochoa may take his daughters to their local YMCA to practice basketball or ride bikes on a nearby trail. Occasionally, they will set a family goal such as completing a 5K run. Ochoa's primary objective is not to introduce additional stress into their lives. They participate in the Turkey Trot every year, and in the absence of scheduled races, engage in runs as a family, challenging each other. He

often allows his daughters to take the lead in selecting their activities.

Small Habits, Big Impact

Even with today's digital distractions, dads that prioritize physical activity find creative ways to incorporate movement into their daily routines. For instance, Ochoa walks his daughters to school every Friday whenever possible. If the weather is bad or they are headed somewhere after school, he strategically parks several blocks away, allowing them to walk for a portion of the journey.

While structured sports offer numerous benefits, Comly reminds parents not to forget about unstructured play. "Kids, for hundreds of thousands of years, evolved to explore the environment, not plastic toys," he quips. "That's literally how they learn and how they grow. They are meant to engage with each other, and in a natural environment, and the parent's role is to help facilitate that, not interfere with it."

Megy Karydes is a Chicago-based writer and author of 50 Ways to More Calm, Less Stress.



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Feathered Friends

The Care and Feeding of Pet Birds

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN



Birds are captivating, intelligent and long-lived companions, but their care demands commitment and expertise.

Bird Selection

According to a paper presented by certified veterinary technician Liz H. Wilson at an American Veterinary Medical Association forum, when selecting a bird species, consider the following factors.

- **Space:** Large birds such as macaws require spacious cages, while smaller birds like budgies can thrive in more compact enclosures.
- **Noise:** Consider noise tolerance before choosing a bird as a pet, especially in shared households with multiple occupants. Cockatoos and conures can be very loud, while canaries and finches are generally quieter.
- **Lifespan:** Some bird species have a relatively short lifespan, while African greys and cockatoos can live more than 50 years. As a result, owners must plan for long-term care when choosing certain birds as pets.

- **Social Needs:** Parrots and other social birds need regular interaction to maintain their mental well-being. Lack of social contact can lead to stress, aggression and feather plucking.
- **Allergies:** Powder-down species, such as cockatiels and cockatoos, produce dander that can exacerbate respiratory conditions like asthma.

Environment

Choosing the appropriate home environment is crucial when keeping a bird as a pet. The Association of Avian Veterinarians *Basic Care for Companion Birds* guide notes that birds are usually comfortable in the same room temperatures that people enjoy. However, sudden temperature fluctuations can make a sick bird's condition worse. Pet birds can thrive in both dry and humid air, although tropical birds may benefit from extra moisture. Fresh air and natural sunlight also support good health, provided a shady spot is available to prevent overheating.

A Balanced Diet

Many pet birds have limited exposure to fresh foods. Nicole Sztabkowski, a holistic pet health coach in British Columbia, Canada, shares that she acquired her two green-cheeked conures, Cheche and Atlas, when they were 2 and 3 years old. Their diet had consisted mainly of seeds, and like so many parrots, they had never been introduced to the wide variety of fresh foods they require for optimal health.

Over time, Sztabkowski transitioned them to a nutrient-rich diet. "Birds thrive on diversity, and a well-rounded diet includes a mix of fruits, vegetables, sprouted grains and even fresh teas like chamomile," she explains. A nutritious diet should include:

- **Fruits** in moderation due to natural sugars, including berries, apples (without seeds), bananas, mango, pomegranate, kiwi and dragon fruit.
- **Vegetables** should make up a large portion of the bird's diet, featuring bell peppers, carrots, leafy greens, broccoli, squash and zucchini.
- **Grains and seeds** such as quinoa, brown rice, oats, flaxseeds and millet.
- **Legumes** cooked and rinsed, including lentils, chickpeas, black beans and kidney beans.
- **Herbs and teas** such as chamomile, dandelion, hibiscus, basil and cilantro.

While some commercial pellets can be included, they should not replace fresh food. "Much like the dog food industry has pushed kibble, the bird world has shifted toward ultra-processed pellets as the 'ideal' diet. We've lost sight of what these still-wild, exotic animals actually need," admonishes Sztabkowski.

Certain foods are toxic to birds. "Chocolate, onions, avocados, garlic, caffeine, alcohol, high-salt and high-sugar foods, fruit

pits and apple seeds (which contain cyanide) are all dangerous,” warns Sztabkowski.

Hydration and Water Quality

Birds need clean, fresh water. Pet owners should change the pet’s water at least twice a day and wash their water bowls daily to prevent bacteria caused by the bird dipping food into the bowl. “Bird-safe water fountains can also encourage them to drink,” says Sztabkowski.

Preventing Diseases

A common avian health issue is fatty liver disease, which results from eating too many high-fat seeds. “The first signs are feather color changes, fatigue and weight gain,” says Sztabkowski. A balanced diet of fresh veggies, whole grains and lean proteins from legumes can help prevent this.

Breathing problems are another issue. “Airborne toxins can make it hard for birds to breathe,” Sztabkowski explains. Good airflow and avoiding strong artificial smells can lower the risk. Common culprits include air fresheners, plug-ins, bleach, scented candles, paint fumes, plastic roasting bags and personal products like perfume or nail polish if used regularly nearby.

Most birds don’t have a strong odor. “Dustier species like cockatiels might have a faint scent, but it’s rarely offensive,” says Sztabkowski. Odors typically come from cage liners or stale food, not the birds themselves.

Some birds develop avian gastric yeast, a fungal stomach infection. “It’s tricky because symptoms come and go,” says Sztabkowski. Eating bird-safe probiotics and living in a calm, low-stress home can help their digestion. While bird-specific probiotic supplements like Avi-Culture and Bene-Bac are effective during stress and after antibiotics, Sztabkowski prefers natural choices such as unsweetened applesauce, sprouted grains, dandelion greens and herbal teas like chamomile and hibiscus to promote healthy digestion and microbial balance.

Mental Stimulation

Birds need mental and physical engagement to prevent boredom, stress and behavioral issues like feather plucking or excessive screaming. Ways to keep birds stimulated are:

- **Toys:** Rotate foraging, shreddable and puzzle toys.
- **Exercise:** Provide supervised flight time or climbing structures.
- **Socialization:** Interact, train and talk to them daily.
- **Food variety:** Use foraging toys or skewers to make meals engaging.
- **Sensory enrichment:** Play calming music or provide safe window views.

Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.



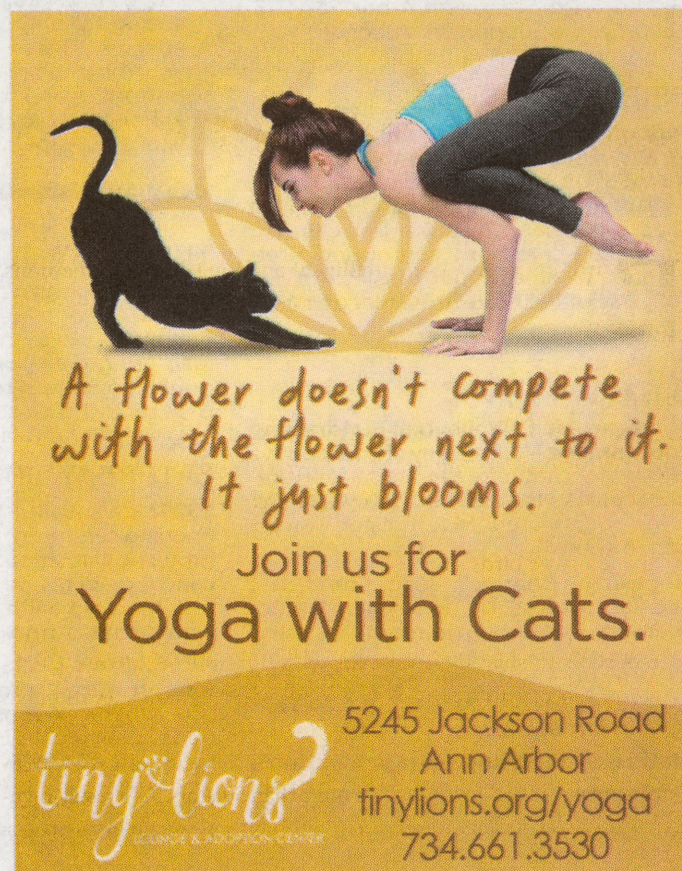
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SUNDAY, JUNE 1

Prime Time Peonies at The Arb – 9:30am-12pm. A hands-on photography workshop with Travis Howell. This immersive session invites photographers of all skill levels to explore the lush Peony Garden while refining techniques using prime lenses. Nichols Arboretum, 899 Nichols Dr, Ann Arbor. Post-processing session: Procam, 2015 W Stadium Blvd, Ann Arbor. Register: 734-977-6226 or Travis@procam.com. Procam.com.

VegMichigan's 24th Annual Spring Vegfest – 10am-4pm. There will be delicious sweet and savory plant-based food, sustainable shopping, nonprofits working towards great causes, live presentations and cooking demos, music, free massages, fun for the kids and free samples. 2810 Russell St, Detroit. VegMichigan.org.

Reiki: Yoga Experience: Rebalance the Wheels of Life – 11am-1pm. Join Ashley and Paula for a laid-back, soul-nourishing session designed to realign your chakras and recharge your spirit. \$35. Key Massage & Wellness, 3937 E Willis Rd, Milan. Tickets: Tinyurl.com/374snyxx.

National Cancer Survivors Day Celebration – 12:30-3:30pm. Features exhibits on survivorship, a keynote presentation, entertainment, refreshments and door prizes. Morris J. Lawrence Building, 2010 Hogback Rd, Ste 3, Ann Arbor. 734-975-2500. CancerSupportAnnArbor.org.

FRIDAY, JUNE 6

Ribbon Cutting at Mahabir Wellness – 12-1pm. Offer mental health counseling for mothers with anxiety to heal and have a place for beauty inside and out. Offer machine enhanced natural skin care and Caribbean cryo body contouring. Free. Mahabir Wellness, 1640 Haslett Rd, Ste 100, Haslett. 517-325-9954. MahabirWellness.com.

SATURDAY, JUNE 7

Michigan Men's Volleyball Fundraising Tournament – 9am. A day of competitive play and community camaraderie on outdoor courts. Mitchell Field, 1900 Fuller Rd, Ann Arbor. More info & register: Tinyurl.com/mterktx4.

Hope in the Dharma? – 10am-5pm. Guest speaker Professor Guy Newland. \$100/member, \$125/non-member. Pay what you can. No one turned away. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Native Plant Sale – June 7-8. 11am-4:30pm, Sat; 10am-4:30pm, Sun. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

The RFD Boys – 3pm. Legends of Michigan bluegrass. \$16. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

TUESDAY, JUNE 10

Ann Arbor Backyard Beekeepers: Varroa – 7-8:30pm. Ann Arbor Backyard Beekeepers will host Dr. Robyn Underwood for a Zoom presentation on Varroa. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, JUNE 11

Invasive Species Management: Bird Hills Nature Area – 6:45-9pm. Hike with Brooks Curtis. Learn how to identify and eradicate many invasive species (spring and woody invasive). Will discuss the restoration successes and the challenges. Free. 1850 Newport Rd, Ann Arbor. AnnArborArea.WildOnes.org.

MARK YOUR CALENDAR

SATURDAY, JUNE 21

Butterflies of Michigan – 11am-1pm. Join our Natural Areas Tech, Noah Huber, for an exploration of Michigan butterflies! Noah will be leading a hike through Van Curler preserve's woods and prairie in the hopes of seeing a variety of our local butterfly species. Please consider bringing your binoculars for better looks at butterflies and moths at a distance. Free. 6393 W Joy Rd, Dexter. Pre-register at ScioTownship.org/register.

THURSDAY, JUNE 12

Trees of Michigan – 5-7pm. Nik Holly will teach us how to identify a variety of trees that are native to the great state of Michigan using bark, leaves and other distinguishing features. Free. Van Curler Preserve; 6393 W Joy Rd, Dexter. ScioTownship.org.

SATURDAY, JUNE 14

2025 Men's Walk – 7am, check-in; 7:30am, opening ceremony; 8am, run/walk. Health professionals share expertise on prostate cancer, diabetes, peripheral artery disease and mental health. \$25. 3000 Fuller Rd, Ann Arbor. AnnArborBNA.com/2025-mens-health-walk.

Sharon Hills Preserve BioBlitz & Hike – 10am-12pm. A BioBlitz is an intense period of biological surveying in an attempt to record all the living species within a designated area. All welcome. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

SUNDAY, JUNE 15

Release & Renew: A Sound Bath Experience – 6:30-7:30pm. Join Martina Smith for a rejuvenating and immersive experience of deep breathing, meditation and a relaxing sound massage. \$20/Zoom, \$30/advance, \$40/at door. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

SATURDAY, JUNE 21

Herbal Body Care Products – 9:30am-4pm. A day to learn, experience and create toners, creams, masks and ointments for facial rejuvenation using herbs. Everyone will leave having experienced products we all make and have used that day. \$150. Mary Light, Herbalist/Naturopath, Liberty/Wagner area. Registration required: 734-769-7794. Instagram.com/annarbor_school_massage_herbal.

Big Play Day – 10am-2pm. A family-friendly and kid-focused event that offers open-ended exploration and guided activities suitable for all ages. Free. Nichols Arboretum, 1610 Washington Hts, Ann Arbor. mbgna.umich.edu.

Butterflies of Michigan – 11am-1pm. Noah Huber, will lead a hike through Van Curler preserve's woods and prairie in the hopes of seeing a variety of our local butterfly species. Free. Van Curler Preserve; 6393 W Joy Rd, Dexter. ScioTownship.org.

Summer Solstice Sound Bath – 6-7pm. Let's welcome Summer together by celebrating and bringing in the Solstice, where we'll indulge in the soothing sounds in a sacred space. \$35. Key Massage & Wellness, 3937 E Willis Rd, Milan. Tickets: Tinyurl.com/374snyxx.

SUNDAY, JUNE 22

A Week of Yoga Meditation for the Soul – June 22-28. Join thousands of yogis around the world, during a free, weeklong immersion in the yoga meditation teachings of Paramahansa Yogananda, author of *Autobiography of a Yogi*, and founder of Self-Realization Fellowship. Daily talks led by monks and nuns of Self-Realization Fellowship offer practical insights for navigating the challenges of daily life. Online: Convocation.Yogananda.org.

Open House for Natural Medicine/Herbal Training – 11am-12pm. Come to our new studio to learn about Herbal Medicine 2026 study series, and a Natural Medicine Practice Certification program which will begin fall 2025. Mary Light, Herbalist/Naturopath, Liberty/Wagner area. Registration required: 734-769-7794. Instagram.com/annarbor_school_massage_herbal.

TUESDAY, JUNE 24

Artist Spotlight: Half Gringa – 8pm. Pondering Midwestern Latina Poet. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

WEDNESDAY, JUNE 25

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. \$3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, JUNE 26

Reading of Te'ora by Sharon Diotte – 6-8pm. Join Sharon Diotte for a reading and signing of her new memoir, *Te'ora: From Vulnerability and Wounding to, 48104 Wisdom and Freedom*. Free. Crazy

Wisdom Bookstore, 114 S Main St, Ann Arbor. SharonDiotte.com.

SUNDAY, JUNE 29

Release & Renew: A Sound Bath Experience – 6:30-7:30pm. Join Martina Smith for a rejuvenating and immersive experience of deep breathing, meditation and a relaxing sound massage. \$20/Zoom, \$30/advance, \$40/at door. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

PLAN AHEAD

WEDNESDAY, JULY 9

2025 Summer Community Supported Agriculture – July 9-Sept 24. Offer full and half shares. Complete an online form to receive an agreement and total pricing details. Jacob's Fresh Farm, 475 N Fletcher Rd, Dexter. 517-250-1222. JacobsFreshFarm.com.

Ongoing Events

DAILY

Ayurveda For Us – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: Calendly.com/d/4dc-gws-6fw/discovery-call. For more info & appt: AyurvedaFor.us.

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: Castle Remedies.podia.com.

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Free Online Programs – Practical Buddhism, Healing and Compassion Meditation, Group Practice, White Tara Guided Healing Meditation, Sunday Talks. Jewel Heart Tibetan Buddhist Learning Center: 734-994-3387. JewelHeart.org.

Oracle Readings – With Dominique LaVoisier, owner of Mediumship with Angels LLC. Incorporates higher-dimensional energies to offer additional insights and support. Florida-based; all readings done remotely. For appt or more info: MediumshipWithAngels.com.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations take about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. \$150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end-of-life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

WEEKLY

Jewel Heart Ann Arbor Programs – Includes courses, weekly meditation and social activities. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Jewel Heart Bloomfield Hills Programs – Includes courses, weekly meditation and social activities. Theosophical Society, 27745 Woodward Ave, Berkley. 734-239-5985. JewelHeart.org.

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDeBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

SUNDAYS

Bach Flower Remedies Level 1 Live Web – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

The Nature Pilgrimage with Rooted Goddesses – June-Sept. 8:45am-4pm. 3rd Sun & Fri. The Nature Pilgrimage places you at a threshold of looking for a thread to begin moving towards what it is you truly care about. It begins by choosing 1 of the 7 contemplative sites you would like to visit. \$150. Boyne City. MarySeeger.net.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. HSHV.org/RescueReading.

White Tara Guided Healing Meditation – 10:30-11:30am. In-person & Zoom. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or Deep Spring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Critter House Open Hours – 12-3pm. A great way to get up close and personal with some fascinating animals, all while developing an appreciation for the incredible diversity of the natural world. Suggested donation: \$5/person, \$20/family. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScience-andNature.org.

Wonder Walks – 1pm. Also Wed, 5:30pm. Designed for all ages to inspire curiosity and learning from each other through activities that model curiosity and honor

nature. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Guided Group Breathwork – 6-7:30pm. 1st & 3rd Sun. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Free, donations welcome. Huron Valley Aikikai, 1904 Federal Blvd, Ann Arbor. Registration required: Thisbreath.com.

Guided Group Breathwork – 6-7:30pm. 4th Sun. See description above. Dzanc House, 402 S Huron St, Ypsilanti. Registration required: Thisbreath.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

MONDAYS

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Mindful Dexter – 12-12:30pm. Last Mon. A short 30-min guided meditation that is a simple and practical mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations

welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

Neverending Lam of Liberation – 7-8:30pm. With Demo Rinpoche. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

WEDNESDAYS

CEW+Inspire Midweek Mindfulness Guided Sit – 12:15-12:45pm. This virtual community of practice is open to all, whether new to mindfulness or seeking to deepen an existing practice. Registration is simple; sign up once to receive ongoing access to weekly Zoom sessions. Cew. Umich.edu.

Wonder Walks – 5:30pm. See Sun listing. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

THURSDAYS

Class Observation – 11-11:30am. Also Fri. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. Naturopathic SchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School,

1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Mindful Dexter – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

FRIDAYS

TMJ Massage Demo on Jaw – 10-10:30am. 1st Fri. Patti Stephen, LMT and long-term dental professional, will offer 2 demos for guests and students to observe on resolving and approaching TMJ tension. Free. Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. Naturopathic SchoolOfAnnArbor.net.

SATURDAYS

Mindful Dexter – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Childbirth-Classes.com.

Drum and Dance Jam – 7:30-9pm. 1st Sat (Apr-Aug). Bring a drum with you or use a drum that is provided. \$5 donation requested at the door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. For more info: 734-327-0270, InterfaithSpirit.org or Facebook.com/glattercurtisav1972.



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AnnArborsDentist.com



Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. See ad page 3.

Coaching

BECKY BORTAK, MA, ACA

Coaching@BeckyBortak.com
248-931-0944
BeckyBortak.com



I believe everyone can create a fulfilling and meaningful life, and I can help you achieve that. I offer one-on-one coaching. My areas of expertise include career coaching and confidence-building.

Education

CONCORDIA UNIVERSITY

WISCONSIN
School of Pharmacy
CUW.edu/NPS



CONCORDIA
UNIVERSITY
WISCONSIN

Take the next step toward a career that makes a difference! Discover Your Future in Natural Product Sciences with our flexible graduate programs. Choose from a 30-credit online Master's degree or a 12-credit graduate certificate, both designed to fit your life and goals. Specialize in medical cannabis or nutraceuticals, and prepare for exciting roles in healthcare, pharmacy, research and development, manufacturing, business and beyond. See ad page 16.

Energy Enhancement & Wellness

MIRACULOUS ENERGIES

(A Private Membership Association)
MiraculousEnergiesAssociation@gmail.com
517-599-4949
MiraculousEnergies.com



Miraculous Energies
Energy Lounge

The EESystem combines Body, Mind, Spirit and Science. This system generates multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. See ad on inside front cover

Health Food Store

BETTER HEALTH MARKET & CAFE

3500 Washtenaw Ave, Ann Arbor
734-975-6613
BetterHealthMarket.com



Michigan's #1 source for organic foods, vitamins and more. Better nutrition at better prices, all backed by better advice from our nutrition experts. You will find; organic produce, all the top-quality vitamins and supplement brands, sports nutrition and proteins, delicious prepared foods, desserts, an organic salads, soup and hot bar, natural bath, body and aromatherapy products, green home products. Get rewards through our APP. See ad page 19.

DR. MALCOLM SICKELS, M.D.

210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family

Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. See ads pages 10 and 22.

Homeopathic Pharmacy

CASTLE REMEDIES

2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com



Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho

Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. See ad page 15.

Lomi Lomi Bodywork

MANTRA MAMMA HEALING ARTS

SacredShumani@gmail.com
734-846-9949
Facebook.com/truetribeMICH/



Sacred Lomi Lomi sessions, an ancient Hawaiian tradition offered at Mantra Mamma Healing Arts, offer a profound mind-body-heart connection for those seeking emotional healing and restoration.



Mobile Holistic Veterinary Services

WHOLE LIFE VETERINARY SERVICES

WholeLifeVet@gmail.com
517-474-4050
WholeLifeVeterinary.com



and Traditional Chinese Veterinary Medicine and acupuncture in the comfort of your own home or barn. We are committed to providing you with the best holistic pet health. We provide holistic care, in-home euthanasia, and equine lameness care. See ad page 25.

Mold Testing & Remediation

MOLDPRO

John Du Bois, CMI, CMR, CCMi
247 W. Main Street, Milan
734-439-8800 • MoldProInc.com

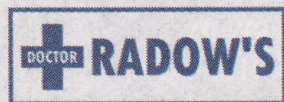


MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

Natural First Aid

DOCTOR RADOW'S POVIDONE-IODINE OINTMENT

DoctorRadows@gmail.com
386-414-1809
DoctorRadows.com



This hospital-grade ointment provides fast, effective healing for cuts, scrapes and wounds—without antibiotics, sting or scarring. Used by medical professionals, it's now available for home use without a prescription to support clean, confident, everyday care. See ad page 5.

Nature-Oriented Meeting Space

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY

7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent



tional for extensive grounds use, camping.

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, addi-

Neurofeedback

ALCHEMY HOLISTIC COLLECTIVE

105 E. Middle Street, Chelsea
734-210-1922
AlchemyHolisticCollective.com



ALCHEMY
HOLISTIC COLLECTIVE

insomnia, OCD, addiction, TBI, migraines, pain issues and more - for the entire family! *Natural Awakenings* readers can receive \$150 off the purchase of a Neurofeedback package. See ad page 11.

ALCHEMY Holistic Collective is the area's only IASIS Micro Current Neurofeedback provider. Find lasting support for anxiety, depression, ADHD,

Reflexology & Reiki

CRYSTERRA WELLNESS

3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



cal Reflexologist and Reiki Master.

Physical and emotional issues are addressed holistically via the body's natural healing response. Board Certified Clinical

Smoking Cessation

FREE AT LAST! HYPNOSIS

Center - A Joyful Journey
734-883-8775



ad page 21.

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. See

Weight Loss

FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY

734-883-8775



ed. See ad page 21.

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted.

Wellness Center

THRIVE! WELLNESS CENTER

148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com



Wellness Center

ries natural foods, skin and home products. See ad page 23.

Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries

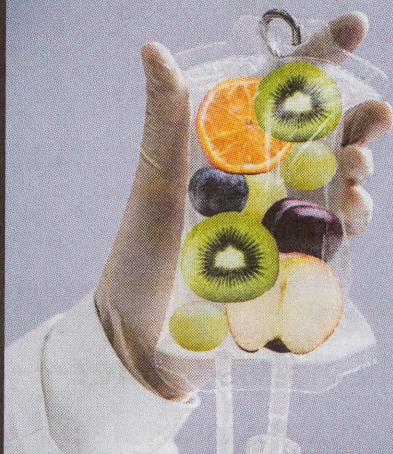
**LIST YOUR BIZ
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Text Now for Special Rates!
734-757-7929



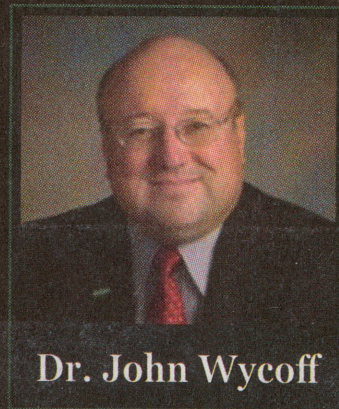
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Naturally!

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And More!



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of your symptoms;
not just treating
your symptoms."*

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Mix and match any of these 5 infusions as you desire!

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for Men & Women
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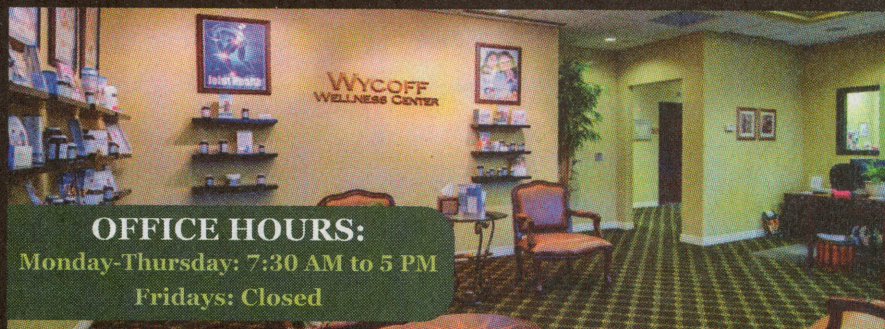
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1226 Michigan Avenue
East Lansing | Michigan

www.wycoffwellness.com



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